

1000 Calorie Diet Plan

Breakfast

1 Cup of vegetable poha
1 Cup (200ml) of Low-fat milk



150
Calories



60
Calories

Mid Morning Snack

1 Small Bowl of Mixed fruit chaat



80
Calories

Lunch

2 Small Chapatti
1 Small bowl Palak dal



160
Calories



150
Calories

Evening Snack

1 Cup of Masala Chai
2 Pieces of Dhokla



40
Calories



160
Calories

Dinner

1 Small Bowl Vegetable khichdi
1 Small Bowl Cucumber and Tomato Salad



150
Calories



100
Calories

Weight Loss Plan Compare

S Ashworth



Weight Loss Plan Compare:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Weight Loss Plan Compare** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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